

AMONG FRIENDS

MARCH 2018



Proudly serving the Fond du Lac Community for over 50 years!

...WHERE FRIENDS MEET!



A Free Monthly Publication
Vol. 9 • No. 3

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ALL ACTIVITIES HELD AT THE CENTER UNLESS NOTED	



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities.

This tour is for new members or those who have not been very active but want to find out more about our Center.



Can you believe that it is March already? We are 1/6 of the way through 2018! Did you make any resolutions when the year started? Have you kept them? It seems like more and more often people are taking ownership of their health and wellness, and oftentimes our resolutions are based around those goals.

Typically when you think of wellness, people think about being physically well. Everywhere we go, we hear how important diet and exercise are, and how heart health should be a priority for us, but do you ever think about your Emotional Wellness?

The University of Wisconsin Neuroscience Training Program states "Emotional wellness means staying in tune with your feelings and performing the self-care necessary to maintain a positive outlook on life." Other resources add "Emotional wellness is striving to meet emotional needs constructively." "It is dealing with a variety of situations realistically and learning more about yourself and how things you do affect your feelings.", and "It is taking responsibility for your own behavior and responding to challenges as opportunities."

We do these things every day but did you ever consider it a part of your overall wellness?

And here are some signs of Emotional Wellness:

- ◆ Ability to talk with someone about your emotional concerns and share your feelings with others
- ◆ Saying "no" when you need to without feeling guilty
- ◆ You feel content most of the time
- ◆ Feeling you have people in your life that care about you- a strong support network
- ◆ Being able to relax
- ◆ Feeling good about who you are

As with any type of wellness, there are always ways to improve. Here are some ways to increase your Emotional Wellness:

- ◆ Practice optimism
- ◆ Spend time with friends and family discussing important personal concerns and being supportive of each other
- ◆ Participate in self-esteem workshops or support groups
- ◆ Read a self-help book that is of interest to you
- ◆ Learn time management skills and other stress management techniques
- ◆ Attend a wellness forum
- ◆ Smile at least 20 times each day

Why not pick one item from the above list and try to practice that during the month of March? Have a great month – hope to see you at the Center!

Cathy



It takes 17 muscles to smile
and forty three to frown.



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ENTERTAINMENT



NATIONAL PI DAY



We will be celebrating Pi Day with some of the greatest and most delicious treasures of the world: **PIE!**

Join us Wednesday, March 14
10:00a.m. - 12:30p.m.
In the conference room
Cost: FREE

Please register at the front desk or call 322-3630
so we know how many pies to get.

Newsletter Crew

Editor.....Cathy Loomans
Coordinator.....Lisa Cole
Mail Crew.....20+ awesome volunteers

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Cathy Loomans at cloomans@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 on Monday mornings at 9:35 for the Senior Center update.



Listen in for information about upcoming activities and events at the Senior Center each Monday when Cathy Loomans, Senior Center Director, joins Bob Hoffmaster on his Morning Show.

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SPREAD THE WORD

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Community Matters



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RED HAT HONEYS

The FDL Senior Center Chapter
of the Red Hat Society

UNO PARTY

Thursday, March 15th
1:00p.m. -3:00p.m.
Senior Center, Rooms 2 & 3

Cash and door prizes awarded
Snacks and beverage will be provided

Cost: \$2.00 Limit: 30
Registration Deadline: Tuesday, March 13th

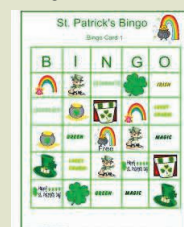
Please remain outside the rooms until setup is complete.

Mark Your Calendar

Friday, April 6th - Tour of the Dr. Treffert Center

BINGO

Tuesdays at 1:00p.m.



STITCHERY GROUP



Bring your project and join us!
Tuesdays at 1:00p.m.



WOODCARVING CLUB

Mondays 9:00a.m.

New members
always welcome!

JAM SESSION

2nd and 4th Wednesdays at 10:00a.m.
Get out your instruments and come "Jam Out" with us!
Any instrument welcome!



QUILTING GROUPS



Flying Geese Quilting Club
1st Thursday of each month at 1:00p.m.
Call Nancy at 920-923-4494 for info.

Sunset Stitchers Quilt Guild
2nd Thursday of each month at 7:00p.m.
Call Laura at 920-923-1693 for info.

MEMORY WRITERS GROUP

Fridays at 1:00p.m.

The Memories Writers meet to
share and preserve life
experiences and family history.

New members welcome!

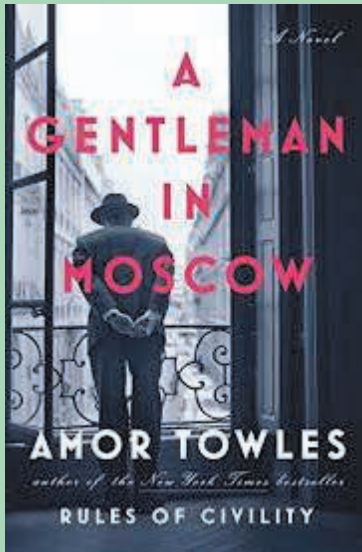




BOOK CLUB

Monday, March 19th
9:30a.m. - 10:30a.m.

Copies available at the Senior Center



A Gentleman in Moscow immerses us in another elegantly drawn era with the story of Count Alexander Rostov. When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery.

Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

BOOK OF THE MONTH:
"A Gentleman In Moscow"
By: Amor Towles

TECH TYME

Thursdays 1:00p.m.-3:00p.m.



Bring your tablet, smart phone, iPad or other electronic device and meet with the MPTC IT Club members for one-on-one help with your device.

*Sessions are limited to 15 minutes per person if other people are waiting.

MAH JONGG



New players always welcome!
Tuesdays at 12:00p.m.
Thursdays at 12:00p.m.

MELODIES AND MEMORIES CHOIR

Thursday, March 8th
3:30p.m. - 4:30p.m.
2nd Thursday of each month

Do you like to sing just for fun?
Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment.
We also welcome singers with the early stages of dementia along with their care partners.



This is a FREE Program, just drop in!



CALLING ALL CARD PLAYERS

Come and try your hand at one of your favorite games:



- ♦ Bridge
- ♦ Canasta
- ♦ Cribbage
- ♦ Euchre
- ♦ Hand and Foot
- ♦ Recreational Sheephead
- ♦ Recreational Euchre
- ♦ Sheephead
- ♦ Skat
- ♦ Poker

Check out our monthly calendar.

RED HAT CHORUS

Fridays at 10:00a.m.



The Center is alive with the sound of music!
Come check them out!

HANDCHIME CHOIR



Practice Wednesday or Thursday at 9:00a.m.
Call Gail Zimmerman at (920) 924-0218
if interested.

RED HAT UMBRELLA BRIGADE

Come see the Umbrella Brigade's
upcoming performance:



Wednesday, March 28
2:00p.m.
Lake View Place

GROUP SINGING CLASS

with Kathryn Staley-Hamm



Voice Lessons in a group setting
March 6 - April 10
Tuesdays from 10:00a.m. -11:00a.m.

Cost is \$25 for six classes.
Please sign up and pay at the front desk.



SCRAPBOOKING

Thursdays at 10:00a.m.
Please note: Group does not meet the
4th Thursday of the month.



ART LAB

Punch Cards Available at the
front desk



Lab offered:

Acrylic & Oil Painting:

Tuesdays, 10:00a.m. - 12:00p.m.

Drawing & Watercolor

Tuesdays, 1:00p.m. - 3:00p.m.



*(Mixed Media is now being incorporated
into the 10am and 1pm classes)*

Please sign up at the Front Desk!

SCAMP BAND

Come for the music, stay for the fun!



Wednesdays at 8:30a.m.

GERMAN CLUB



Mondays at 1:00p.m.
Join Us!

GENEALOGY GROUP

2nd and 4th Wednesday at 1:00p.m.



GAME DAY



Bring your favorite game
and show us how to play!
Fridays, 1:00p.m. - 3:30p.m.



Monthly Movies



THURSDAY, MARCH 1: WONDER

11:45a.m. Lunch (optional)
1:00p.m. Movie
2017 · 1hr 53min · PG
Drama/Family
Starring: Jacob Tremblay,
Owen Wilson, Julia Roberts



Summary: Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

WEDNESDAY, MARCH 21: ROMAN J. ISRAEL ESQ.

11:45a.m. Lunch (optional)
1:00p.m. Movie
2017 · 2hr 9min · PG 13
Crime/Drama
Starring: Denzel Washington,
Colin Farrell, Carmen Ejogo



Summary: ROMAN J. ISRAEL, ESQ. is a dramatic thriller set in the underbelly of the overburdened Los Angeles criminal court system. Denzel Washington stars as Roman Israel, a driven, idealistic defense attorney who, through a tumultuous series of events, finds himself in a crisis that leads to extreme action.

Mark your calendar for April movies:

Thursday, April 5, 1pm: Goodbye Christopher Robin
Wednesday, April 18, 1pm: Same Kind of Different as Me

If you're interested in watching a movie, please call to register at (920)322-3630. If you're interested in joining us for lunch, please read about the Senior Dining Program on page 23 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!



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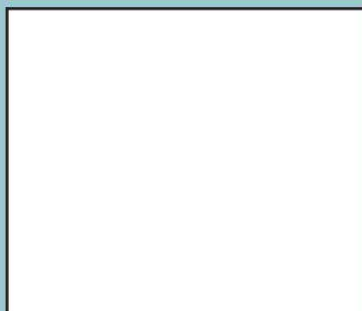
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Mark J. Ridenour DDS

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DANCES



\$4.00 donation
Wednesdays 7:30p.m. - 9:30p.m.
Call Caroline at 920-929-9333 for information.

CHAR-TASTIC CRAFTERS



1st & 3rd Thursday
6:00p.m. - 8:00p.m.

STAMP CLUB

3rd Wednesday at 7:00p.m.
(except March, July and December)



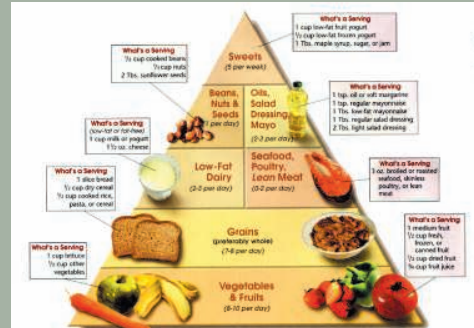
COIN CLUB



2nd Tuesday at 6:00p.m.

TOPS CHAPTER #0566 (Take Off Pounds Sensibly)

Thursdays at 5:45p.m.



Real Possibilities

FOND DU LAC AARP & S.A.L.T

At the FDL Senior Center

Thursday, March 15 at 1:00p.m. - Everyone Welcome!

Ellen Sorenson, Drug Free Communities
will be this month's speaker.

S.A.L.T.

Seniors And Law Enforcement Together

SALT is a voice to advocate for action to ensure that Seniors live in a healthy, safe, enjoyable and vibrant community.
Join us as we link seniors and service providers in the Fond du Lac County Area.

WINNEBAGO WOODWORKERS

2nd Tuesday, 6:00p.m. - 8:00p.m.
General meeting held at the
FDL Senior Center.
Other Tuesdays at
NFDL High School.





BEGINNING COUNTRY LINE DANCING

Saturdays 10:00a.m. - 11:30a.m.
March - 3, 10, 17

COUNTRY LINE DANCING

Thursdays 6:10p.m. - 7:30p.m.
March - 1, 8, 15, 22, 29



4 classes for only \$10.00
Punch cards available at the front desk.

HIKING GROUP



This group meets
Tuesdays & Thursdays
10:00a.m.

*Please call Ruth at
921-7192 for more information.*

TAI CHI CLASS

Tuesdays 9:00a.m. - 10:00a.m.
Next Session Starts April 17
8 classes for \$45

Please register and pay
at the front desk.



LOW IMPACT HEAD TO TOE STRETCH

WITH SARAH DOCTER

Mondays 9:00a.m. - 9:30a.m.



SELF DEFENSE CLASS

Fridays
10:30a.m. - 11:30a.m.
with Larry Lewis

No registration required
just drop in!

Free admission!



BALANCE & BODY MOVEMENT CLASS



Fridays
10:00a.m. - 10:30a.m.

Larry Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!

STRONG BODIES

Monday and Wednesday
March 26 - June 4
7:00a.m. - 8:00a.m.
OR

Tuesday and Thursday
March 27 - June 5
5:00p.m. - 6:00p.m.

\$45.00 for 10 weeks

FOR MORE INFORMATION CALL 322-3641.

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



YOGA WITH JEANNE



April 5 - May 24
Thursdays 9:00a.m. - 10:00a.m. and 10:30a.m. - 11:30 a.m.
8 Classes for \$40.00
Stop in to register!

CHAIR TAI CHI CONCEPTS



Fridays 9:00a.m. - 9:45a.m.
Come and check out the Chair Tai Chi Concepts class.
A perfect class whether you want to practice Tai Chi
from a standing or sitting position.
Drop in for this FREE class!



ZUMBA GOLD

Mondays 5:30p.m. - 6:30p.m.
\$5 walk in or a 10 class punch card for \$40.00.

Available from Instructor Kirsten Quam

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by SSMHealth (Formerly Agnesian Healthcare)

Friday, March 9th 9:00a.m.

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes

Friday, March 9th 9:00a.m.

No appointment needed. *12-hour fast required.*
Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

FREE hearing screenings and

FREE hearing aid cleaning.

Call 322-3630 or stop for more information.

LIPID PANEL SCREENINGS

2018 dates to
be announced.



CARDIO DRUMMING

Tuesdays at 3:15p.m.

First Class is free!!!

8 classes for only \$24!!

Punch cards are sold at the front desk.





SENIOR OUTREACH PROGRAM

Become an Outreach Volunteer!

The gift of your time can make a giant impact in the life of a lonely or isolated senior.

There are many ways to make a difference including:



- ♦ Community Cares
- ♦ Friendly Visits
- ♦ Group Community Cares Enrichment Activities
- ♦ Caring Companions
- ♦ Friendly phone calls
- ♦ Caring Companion Community Partnerships

March Outreach Schedule:

For more information call
Sarah Docter
(920) 322-3641

THE SENIOR OUTREACH PROGRAM IS
FUNDED IN PART BY THE
FOND DU LAC AREA UNITED WAY

**United
Way**



COMMUNITY CARES

The next Community Cares visits will be

Group A: Tuesday, March 13 at 2:00p.m.

Group B: Tuesday, March 27 at 2:00p.m.

Locations to be announced.

Call Sarah for more details.

Each month volunteers go to different local nursing homes or assisted living facilities to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

Sharing an hour of your time can have a big impact!

OUTREACH VOLUNTEER MEETING

March 1 at 9:00a.m.

Next Meeting : April 5 at 9:00a.m.



**RECREATIONAL
SHEEPSHEAD**
Wednesdays at 12:45p.m. - 3:00p.m.



SHEEPSHEAD
Mondays at 1:15p.m.
Jack of Diamonds \$1.50
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Black Queens \$1.50



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MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 12:00 p.m.</p> <p>Menus are available at the front desk or our website: fdlseniorcenter.com</p> <p>Senior Dining Fellowship, Food & Fun</p> 		<p>**All Orange Events are held Offsite</p> <p>Billiard Room open daily for open Pool except during league playing time.</p>	<p>1 8:00 Flying Geese Quilting Club 9:00 Skat 9:00 Senior Outreach Meeting 9:00 Handchime Choir 10:00 Hiking/Walking Club 10:00 Scrapping 10:00 Beginning Bridge 12:00 ROMEO's - Sunset 12:00 Mahjongg 12:30 Advance Bridge 1:00 Cribbage 1:00 Tech Tyme 1:00 Movie—"Wonder" 5:00 StrongBodies 5:45 TOPS #0566 6:00 Char-Tastics Crafters Club 6:00 Local Parents of Angels 6:10 Country Line Dancing</p>	<p>2 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheepshhead 3 Saturday 10:00 Beg. Country Line Dance 4 Sunday</p>
<p>5 7:00 StrongBodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 12:30 Recreational Euchre 12:30 Euchre 1:00 German Club 1:15 Sheepshhead 5:30 FDL Artist Association 5:30 Zumba Gold</p>	<p>6 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class 10:00 Hiking/Walking Club 12:00 Mahjongg 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Stitchery Group 1:00 Drawing, Watercolor & Mixed Media Class 3:15 Cardio Drumming 5:00 StrongBodies 6:00 Winabago Woodworkers @ NFDL HS 6:00 Senior Dining—Sebastians Social 5:00</p>	<p>7 7:00 StrongBodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Handchime Choir 10:00 Jam Session Practice 10:00 Low Impact Video Exercise 12:00 Hand & Foot 12:00 Canasta 12:45 Recreational Sheepshhead 1:00 Heart Tree Dedication 1:15 Sheepshhead 5:30 "Getting Ahead" Poverty Workshop 7:30 Wed Night Dance</p>	<p>8 9:00 Skat 9:00 Handchime Choir 10:00 Hiking/Walking 10:00 Scrapping 10:00 Beginning Bridge 12:00 Mahjongg 12:15 Aging Mastery Program 12:30 Advance Bridge 1:00 Cribbage 1:00 Tech Tyme 3:30 Melodies and Memories Choir 5:00 StrongBodies 5:45 TOPS #0566 6:10 Country Line Dancing 7:00 Sunset Stitches</p>	<p>9 9:00 Health Screenings 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling 1:00 Memories Writers Group 1:00 Game Day 1:15 Sheepshhead 10 Saturday 10:00 Beg. Country Line Dance 11 Sunday</p>
<p>12 7:00 StrongBodies 9:00 Low Impact Head to Toe Stretch 9:00 Woodcarving Club 10:00 Parkinson's Support</p>	<p>13 8:30 Pool League 8 Ball 8:30 Prostate Support Group - Rolling Meadows Family Restaurant 9:00 Tai Chi 10:00 Acrylic & Oil Painting Class 10:00 Group Singing Class</p>	<p>14 7:00 StrongBodies 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Handchime Choir 10:00 Jam Session</p>	<p>15 9:00 Skat 9:00 Handchime Choir 10:00 Hiking/Walking Club 10:00 Scrapping 10:00 Beginning Bridge</p>	<p>16 9:00 Chair Tai Chi Concepts 10:00 Balance and Body Movement 10:00 Red Hat Chorus 10:30 Self Defense Class 1:00 Wii Bowling</p>

<p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p> <p>6:30 FDL Concert Association</p>	<p>10:00 Hiking/Walking Club</p> <p>12:00 Mahjongg</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Manor Care</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing, Watercolor & Mixed Media Class</p> <p>2:00 Community Cares (Group A)</p> <p>3:15 Cardio Drumming</p> <p>5:00 StrongBodies</p> <p>6:00 Coin Club</p> <p>6:00 Winnebago Woodworkers</p> <p>6:00 Senior Dining - Benvenuto's at Holiday Inn - Social at 5:00</p>	<p>10:00 Low Impact Video Exercise</p> <p>10:00 Pi Day</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:30 The Power of One</p> <p>1:15 Sheephead</p> <p>7:30 Wed Night Dance</p>	<p>12:00 Mahjongg</p> <p>12:30 Advance Bridge</p> <p>12:30 Red Hat Uno Party</p> <p>1:00 AARP Meeting</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyme</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:00 Chartastics Crafters Club</p> <p>6:00 Local Parents of Angels</p> <p>6:10 Country Line Dancing</p>	<p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>5:00 Supper Club - Fat Joe's Bar & Grill</p> <p>17 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>18 Sunday</p>
<p>19 9:00 Low Impact Head to Toe Stretch</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>20 8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>10:00 Hiking/Walking Club</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Almost Family</p> <p>12:00 Mahjongg</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing, Watercolor & Mixed Media Class</p> <p>3:15 Cardio Drumming</p> <p>4:00 Diabetic Support Group - Aurora Health Care</p> <p>6:00 Winnebago Woodworkers @ NFDL HS</p> <p>6:00 Senior Dining - Sunset on the Water Social at 5:00</p>	<p>21 8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Handchime Choir</p> <p>10:00 Jam Session Practice</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Movie - "Roman J Israel Esq."</p> <p>1:15 Sheephead</p> <p>7:00 Stamp Club</p> <p>7:30 Wed Night Dance</p>	<p>22 9:00 Skat</p> <p>9:00 Handchime Choir</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Beginning Bridge</p> <p>10:00 HT Natchez Document Party</p> <p>10:45 HT Florida Trip Preview</p> <p>12:00 Mahjongg</p> <p>12:30 Advance Bridge</p> <p>1:00 Cribbage</p> <p>1:00 HT Cuba Trip Preview</p> <p>1:00 SALT/TRIAD</p> <p>1:00 Tech Tyme</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>23 9:00 Friends Board Meeting</p> <p>9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>24 Saturday</p> <p>25 Sunday</p>
<p>26 7:00 StrongBodies</p> <p>8:30 Newsletter Assembly</p> <p>9:00 Low Impact Head to Toe Stretch</p> <p>9:00 Woodcarving Club</p> <p>12:30 Recreational Euchre</p> <p>12:30 Euchre</p> <p>1:00 German Club</p> <p>1:00 "Getting Ahead" Panel Presentation</p> <p>1:15 Sheephead</p> <p>5:30 Zumba Gold</p>	<p>27 8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Group Singing Class</p> <p>10:00 Hiking/Walking Club</p> <p>12:30 Bridge</p> <p>1:00 Bingo-Sponsor: Grancare</p> <p>12:00 Mahjongg</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing, Watercolor & Mixed Media Class</p> <p>2:00 Community Cares (Group B)</p> <p>3:15 Cardio Drumming</p> <p>5:00 StrongBodies</p> <p>6:00 Winnebago Woodworkers @ NFDL HS</p> <p>6:00 Senior Dining - Goose Shot Social at 5:00</p>	<p>28 7:00 StrongBodies</p> <p>8:30 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Handchime Choir</p> <p>10:00 Jam Session</p> <p>10:00 Low Impact Video Exercise</p> <p>12:00 Hand & Foot</p> <p>12:45 Recreational Sheephead</p> <p>1:00 Genealogy Group</p> <p>1:15 Sheephead</p> <p>2:00 Umbrella Brigade at Lake View Place</p> <p>7:30 Wed Night Dance</p>	<p>29 9:00 Skat</p> <p>9:00 Handchime Choir</p> <p>10:00 Hiking/Walking Club</p> <p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:00 Mahjongg</p> <p>12:30 Advance Bridge</p> <p>1:00 Cribbage</p> <p>1:00 Tech Tyme</p> <p>5:00 StrongBodies</p> <p>5:45 TOPS #0566</p> <p>6:10 Country Line Dancing</p>	<p>30 9:00 Chair Tai Chi Concepts</p> <p>10:00 Balance and Body Movement</p> <p>10:00 Red Hat Chorus</p> <p>10:30 Self Defense Class</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheephead</p> <p>1:00 Game Day</p> <p>31 Saturday</p>

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Please Join Us



17

THE POWER OF ONE

March 14th at 1:30p.m.

* Join us for one or all of these important topics.

* Everyone Welcome!

• March 14th: You're Not Crazy You're Grieving
Speaker: Melissa Klebs from SSMHealth (formerly Agnesian)

- April 11th: Getting Involved
- May 9th: Taking Care of You

Call the front desk to register (920) 322-3630

GETTING AHEAD

A Poverty Workshop will be held:
Wednesday, March 7, 5:30p.m.- 8:30p.m.
Fond du Lac Senior Center
(light supper included)

Panel Presentation by Graduates and
Investigators will be held:
Monday, March 26, 1:00p.m.– 2:30p.m.

Both events are free, and registration is
requested. Contact Jack Braun by email at
jackb@svdpfdlc.org or
by phone at 920-979-9120



SAVE THE DATE

Retire Wisely

Speaker: Jonathan Leonard of Thrivent Financial
Wednesday, April 4 - 1:30p.m. - 3:00p.m.

The event will offer important updates and
answer question many retirees face:

Will I have enough to retire?

Will my retirement income last?

Are my assets protected?

Volunteer Appreciation Breakfast

Friday, April 20
8:00a.m. - 10:00a.m.

First Ever "For Fun" Mah Jongg - a - thon

Monday, April 30
1:30p.m. - 8:30p.m.

Money Smart Week

April 23 - 28

More details to come in the April newsletter.

HAPPY TRAVELERS

BE A HAPPY TRAVELER... WE'RE GOING PLACES!



Happy Travelers' Office 322-3635

happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.


Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

REMINDERS:


Sign up for trips as soon as possible to prevent cancellation.
Most of our vendors require deposits months before actual date of trip.

UPCOMING 2018 TRIPS

FOR OUR DAY TRIPPERS

May 3 - **On Wisconsin!** - Madison - *Limited seating available* - A Happy Travelers Exclusive 

May 5 - **Beach Boys Tribute** - Schauer Arts Center - *Waiting List*


May 25 - **Marsh Boat Tour** - Horicon - - A Happy Travelers Exclusive 

May 31 - **"Happy Days"** - Palace Theater - *Limited Seating Available*

June 13 - **Brewers/Cubs Game** - Miller Park

June 22 - **Tim Allen** - Appleton PAC - *Limited Seating Available*

July 11 - **"Assisted Living: The Musical"** - Memories Theater

July 25 - **Mystery Trip** - A Happy Travelers Exclusive 

MORE TRIPS TO COME

EXTENDED TRIPS

April 8 - 5 - **Mansions, Magnolias and the Blues of Historic Natchez**

July 16 - 20 - **Ark Encounter** - *Limited seating available*

October 2 - 12 - **2nd date for Great Parks of the Southwest by Train** - *Limited seating available*

November 12 - 17 - **2nd Bus for Branson** - *Limited Seating Available*



"A Second Helping"

The Church Basement Ladies Sequel

Date: Thursday, June 7, 2018

Location: Fireside Theater

Special Stops: Jones Dairy Farm and Pine Cone Bakery

Price: \$109

Departure Time: 8:15 a.m.



Little Bit of Heaven


Date: Wednesday, June 20, 2018

Location: Beloit, Madison, De Forest

Special Stops: Angel Museum, Domenico's, Olbrich Botanical Gardens, Norske Nook

Price: \$75

Departure Time: 7:30 a.m.

A Happy Travelers Exclusive 

HAPPY TRAVELERS

BE A HAPPY TRAVELER... WE'RE GOING PLACES!



Trip Preview
Thursday,
March 22nd, 2018
1:00 p.m.

REDISCOVER CUBA

A CULTURAL EXPLORATION

January 16 -23, 2019
 \$5399 Dbl (until July 16th, 2018)

Sign up begins during the Trip Preview



Call 322-3630
to sign up for the
Trip Preview

Day 1: Tour Begins, Santa Clara, Cuba - Cayo Santa Maria

- Your journey begins as you fly to Santa Clara Airport, Cuba. En route to your all inclusive resort, stop at the Che Guevara Memorial and Museum* and learn about this polarizing figure and the revolution he helped to spark.

Day 2: Cayo Santa Maria - Santa Clara - Cayo Santa Maria

- Embark on a journey to Santa Clara where we will meet local art or theatre students. Learn about the Cuban arts and the techniques of the students and teachers as you interact with them.

Day 3: Cayo Santa Maria - Remedios - Cayo Santa Maria

- Journey to the Museo de la Sucre (Sugar Museum). Learn from local producers of the rise and fall of the Cuban region on the back of sugar cane production.

Day 4: Cayo Santa Maria - Cienfuegos - Havana

- This morning we embark on a scenic drive to Cienfuegos Province Botanical Gardens, the oldest of its kind on the island.

Day 5: Havana

- Enjoy a tour of Old Havana on foot and visit Plaza San Francisco de Asis, Plaza de la Cathedral, as well as many of the city's other historical squares and UNESCO sites, which make Old Havana very special.

Day 6: Havana - Finca Vigia - Havana

- Gain insight into Cuban history during the 1950s revolutionary war period. Afterwards, visit a local park where antique car owners gather.

Day 7: Havana Casa Fuster - Havana

- Walk through the dramatic evolution of Cuban art at the Cuban Fine Arts Museum. In the evening, take a trip around Havana in one of the antique American cars that the city is known for.

Day 8: Havana - USA, Tour Ends

- Your Cuba adventure comes to a close today. Return home with vivid memories of this beautiful country and the rich personal experiences you shared with the people of Cuba.



Trip Preview
Thursday,
May 10th, 2018
1:00 p.m.

SHADES OF IRELAND

FEATURING NORTHERN IRELAND

April 29 - May 11, 2019
 \$4099 Dbl (until October 29, 2018)
Sign up begins during the Trip Preview

Call 322-3630
to sign up for the
Trip Preview!

Day 1: Overnight Flight

- Set out on an amazing Irish adventure that tells the complete story of the Emerald Isle.

Day 2: Dublin, Ireland - Tour Begins

- Get a taste of old Dublin. Tonight you and your fellow travelers revel in a traditional Irish evening, including regional cuisine.

Day 3: Dublin

- Today, it's your choice! Will you ride with a local guide to see St. Patrick's Cathedral, or will you choose a walking tour of the city's historic centre, exploring O'Connell Street, the General Post Office, and the River Liffey.

Day 4: Dublin - Kilkenny - Waterford

- Step back in time. Begin the day in the medieval splendour of 12th century Kilkenny on the River Nore. Embark on a leisurely paced walking tour of Ireland's oldest city.

Day 5: Waterford - Blarney Stone - Killarney

- Live the legend. The story goes that those who kiss the Blarney Stone gain the gift of eloquence. Give it a shot at historic Blarney Castle.

Day 6: Killarney - Ring of Kerry - Killarney

- Take in the rugged coastline. Loop your way around the picturesque Ring of Kerry, past pristine beaches and quaint villages.

Day 7: Killarney - Cliffs of Moher - Ennis

- Bid Killarney farewell as we travel across the lovely Shannon River into County Clare.

Day 8: Ennis - Galway - Enniskillen, Northern Ireland

- Experience the daily life of a traditional Irish family during a memorable farm visit.

Day 9: Enniskillen - Donegal Town - Derry

- Today you take in the rugged, natural beauty of County Donegal. Stop in Donegal Town and stroll the town square.

Day 10: Derry - Inishowen Peninsula - Derry

- Journey to the Inishowen Peninsula and Malin Head. Take in breathtaking scenery as you explore Ireland's northernmost point.

Day 11: Derry - Giant's Causeway - Glens of Antrim - Belfast

- See the most famous natural site in Northern Ireland as you visit the magnificent Giant's Causeway. Formed by volcanic activity millions of years ago, the causeway resembles a cobble road leading into the sea.

Day 12: Belfast - Kingscourt, Ireland

- Get ready for a guided tour of Belfast, the capital of Northern Ireland. See "Samson" and "Goliath," the cranes at the shipyard that built the Titanic, before touring the "Titanic Experience."

Day 13: Kingscourt - Tour Ends - Your tour ends in Kingscourt.



MPTC COURSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at (920) 922-8611 or 1-800-472-4554



COURSE NAME	COURSE #	DAY	DATE	TIME
APPLE IPAD BASICS	103-611-30988	M	APRIL 30, 2018	09:00A.M.- 11:55A.M.
APPLE IPAD BASICS II	103-613-30989	M	MAY 7, 2018	09:00A.M.- 11:55A.M.

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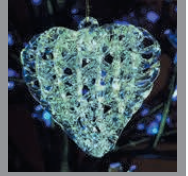




Senior Outreach invites you to help decorate our

HEART TREE

with delicate spun glass heart ornaments



Open your heart to the Senior Outreach Program and donate for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program and allows us to directly impact the lives of isolated seniors in our community. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life. Glass heart ornaments are hung by staff.

The deadline to dedicate ornaments for the tree is
Wednesday, March 28th.

The cherry blossom tree will be displayed at the Senior Center in the reception area from Thursday February 1 until the

HEART TREE DEDICATION

Wednesday, March 7th at 1:00pm.

Speaker: Melissa Klebs - SSMHealth (formerly Agnesian)

HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$3.00 EACH NAME Total Enclosed _____

(Make check payable to: Friends of the Fond du Lac Senior Center)

DONATED BY:

Name _____

Street _____

City _____ Phone _____

PARKINSON DANCE MOVEMENT CLASS

FDL Senior Center
Tuesday March 27
3:30p.m. - 4:30p.m.

Learn more and sign up at wiparkinson.org
or call (414) 312-6990.

This class meets monthly.
Watch the newsletter for more dates.



WISCONSIN
PARKINSON
ASSOCIATION

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30p.m.

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00p.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

1st & 3rd Thursday 6:00p.m. - 8:00p.m.

Fond du Lac Senior Center, 151 E. First Street Room 1

**The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00a.m.

Aurora Health Care Center

210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30a.m.

Rolling Meadows Family Restaurant

947 S. Rolling Meadows Drive



2018 FOND DU LAC COUNTY SENIOR DINING

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday - Friday at 11:45a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

Please register for lunch by calling 929-3937 at least one day in advance before 1:00p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com under the "Services" tab.

- Thursday, March 1: BBQ Pork Cutlets
- Friday, March 2: Cheese Tortellini in Marinara Sauce
- Monday, March 5: Ham Rolls
- Tuesday, March 6: Salisbury Steak
- Wednesday, March 7: Honey Mustard Meatballs
- Thursday, March 8: Orange Chicken
- Friday, March 9: Crispy Fish Fillet
- Monday, March 12: Baked Chicken
- Tuesday, March 13: Liver and Onions
- Wednesday, March 14: Beef Stroganoff
- Thursday, March 15: Pork Jaegerschnitzel
- Friday, March 16: Tuna Casserole
- Monday, March 19: Corned Beef
- Tuesday, March 20: Country Fried Steak
- Wednesday, March 21: Chicken Broccoli & Rice Casserole
- Thursday, March 22: Smoked Sausage
- Friday, March 23: Salmon Loaf
- Monday, March 26: Chicken Breast
- Tuesday, March 27: Pot Roast
- Wednesday, March 28: Baked Chicken
- Thursday, March 29: Lasagna Casserole
- Friday, March 30: CLOSED

2018 DINE OUT COUPON BOOKS NOW AVAILABLE

Save money while eating at your favorite local restaurants! Our Dine Out Coupon Books have over 50 coupons from 40+ different restaurants!

Purchase a coupon book today!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for noon lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

SUNSET ON THE WATER

N7364 Winnebago Dr., FDL
Thursday, March 1st at 12:00p.m.



Call our Center at (920) 322-3630 to register!

The ROMEOS are looking for help picking restaurants for their monthly meetings. Call Sarah at (920) 322-3641 if interested!

SUPPER CLUB

If you like to laugh and enjoy dining with friends, old and new, join the Supper Club each month! You MUST call our Center at (920) 322-3630 to make your reservation so we can let the restaurant know how many people to expect.



FAT JOE'S BAR AND GRILL

15 W Division St, Fond du Lac

Friday, March 16

Social: 5:00p.m. & Dinner: 5:30p.m.

TUESDAY NIGHT DINING GROUP

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails beginning at 5:00p.m. and dinner at 6:00p.m.

March 6 Sebastian's, 770 S Main St, FDL

March 13 Benevento's, 625 Rolling Meadows Dr, FDL

March 20 Sunset on the Water, N7364 Winnebago Dr, FDL

March 27 Goose Shot, 5 W Main St, Waupun

A GREAT OPPORTUNITY TO SOCIALIZE & MEET NEW FRIENDS!
For more information, Call Max at (920)269-4180



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

GROUPS

BOOK CLUB

3rd Monday at 9:30 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursdays
6:00p.m. - 8:00p.m.

COIN CLUB

2nd Tuesday at 6:00p.m.

DANCES

\$4.00 donation
Wednesday 7:30p.m. – 9:30p.m.
Call Caroline at 929-9333 for info.

GAME DAY

Fridays at 1:00p.m. - 3:30p.m.

GENEALOGY

2nd and 4th Wednesday at 1:00p.m.

GERMAN CLUB

Mondays at 1:00p.m.

HANDCHIME CHOIR

Wednesdays/Thursdays at 9:00a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00a.m.

MELODIES & MEMORIES CHOIR

2nd Thursday at 3:30p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1:00p.m.
Call Nancy at 923-4494 for info.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.
Call Laura at 923-1693 for info.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the Front Desk!

GROUPS

RED HAT HONEYS CHOIR

Fridays at 10:00a.m.

SCAMP (Senior Center Band)

Wednesdays at 8:30a.m.

SCRAPBOOK CLUB

Thursdays at 10:00a.m.
Group does not meet 4th Thursday of the month.

STITCHERY

Tuesdays at 1:00p.m.

STAMP CLUB

3rd Wednesday at 7:00p.m.
(except March, July and December)

TECH Tyme

Thursdays at 1:00p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566
Thursdays at 5:45p.m.

WINNEBAGO

WOODWORKERS

2nd Tuesday
6:00p.m. - 8:00 p.m.
General meeting held at the FDL Senior Center.

Other Tuesdays

6:00p.m.-8:00 p.m.
Workshop meetings at Horace Mann High School, North Fond du Lac.
Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00a.m.

WRITERS GROUP

Fridays at 1:00p.m.
The Memories Writers meet to share and preserve life experiences and family history.
New members welcome!

HEALTH & FITNESS

BALANCE & BODY MOVEMENT

Fridays at 10:00a.m.

BIKE RIDE

Stay tuned for details about our summer biking incentive program!

CARDIO DRUMMING

Tuesdays at 3:15p.m.

CHAIR TAI CHI CONCEPTS

Fridays 9:00p.m.

HIKING/WALKING CLUB

Tuesdays and Thursdays at 10:00a.m.

LADIES GOLF LEAGUE

Mondays and Wednesdays at 9:30a.m. from May - August.

LOW IMPACT CHAIR EXERCISE

Mondays at 9:00a.m.

SELF DEFENSE

Fridays at 10:30a.m.

STRONG BODIES

Monday and Wednesday 7:00a.m.
Tuesday and Thursday 5:00p.m.

TAI CHI

Tuesdays at 9:00a.m.

VIDEO CHAIR EXERCISE

Wednesdays at 10:00a.m.

YOGA WITH JEANNE

Thursdays :
9:00a.m. - 10:00a.m. and
10:30a.m.—11:30a.m.
Classes fill fast, stop in to check availability.

ZUMBA GOLD

Mondays at 5:30p.m.



Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

MEETINGS

AARP MEETING

3RD Thursday at 1:00 p.m.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

4TH Thursday at 6:30 p.m. Except November when they meet the 5th Thursday.

PARKINSON'S SUPPORT GROUP

2ND Monday at 10:00 a.m.
Meets at Aurora Health Care Center.

PROSTATE CANCER SUPPORT GROUP

2ND Tuesday at 8:30 a.m.
Meets at the Rolling Meadows Family Restaurant.

DIABETIC SUPPORT GROUP

3RD Tuesday at 4:00 p.m.
Meets at Aurora Health Care Center.

RECREATION

CARD GAMES

BRIDGE \$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 a.m. Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

1st, 3rd & 5th Wednesdays
at 12:00 p.m.

CRIBBAGE

Thursdays at 1:00 p.m.

RECREATIONAL EUCHRE

Mondays at 12:30 p.m.

REGULAR EUCHRE

Mondays at 12:30 p.m.

HAND & FOOT (Card Game)

Wednesdays 12:00 p.m.

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

Mondays at 1:15 p.m.

Jack of Diamonds \$1.50

Wednesdays & Fridays at 1:15 p.m.

Black Queens \$1.50.

RECREATIONAL

SHEEPSHEAD

Wednesdays at 12:45p.m. - 3:00 p.m.

SKAT

Thursdays at 9:00 a.m. - 12:00 p.m.

OTHER ACTIVITIES

BINGO 50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: Fond du Lac Lutheran Home

2nd Tuesday (odd months): Manor Care

2nd Tuesday (even months): Harbor Haven

3rd Tuesday (odd months): Almost Family

3rd Tuesday (even months): The Meadows

4th Tuesday (odd months): Grancare Rehab

4th Tuesday (even months): Lincoln House

5th Tuesday: Visiting Angels

MAHJONGG

Tuesdays at 12:00 p.m.

Thursdays at 12:00 p.m.

POOL

Open Pool daily.

POOL LEAGUES

8 Ball Tuesdays 8:30 a.m.

9 Ball Wednesdays 8:30 a.m.

Wii BOWLING

Open Bowling by request—call to reserve day.

Fridays at 1:00 p.m. - 3:00 p.m.

League Play (September—April)

Subs also needed for league play.

WRITERS GROUP

FRIDAY'S AT 1:00 P.M.

ART & DANCE

ACRYLIC & OIL PAINTING LAB

Tuesdays at 10:00 a.m.

DRAWING & WATERCOLOR LAB

Tuesdays at 1:00 p.m.

BEGINNING COUNTRY LINE DANCING

Saturdays at 10:00 a.m.

COUNTRY LINE DANCING

Thursdays at 6:10 p.m.

SPECIAL EVENTS

MOVIES

1ST Thursday and 3rd Wednesday at 1:00 p.m.

(Dates could vary)

SALT/TRIAD

(Seniors and Law Enforcements Together)

4TH Thursday at 1:00 p.m. *odd months January—September.*

ROMEOS

(Retired Old Men Eating Out)

1st Thursday at Noon – Restaurant Varies.

SUPPER CLUB

Dates vary, please check the "Dining" section in the Newsletter for more details – Restaurant Varies.

The Power of One

2nd Wednesday at 1:30 p.m.



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2018 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2018 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2018 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** – Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2018 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** – Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2018 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2018 Member ☐ Renewal

Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received Among Friends Newsletter

March 2018 Newsletter

Card File

Computer



Fond du Lac Senior Center

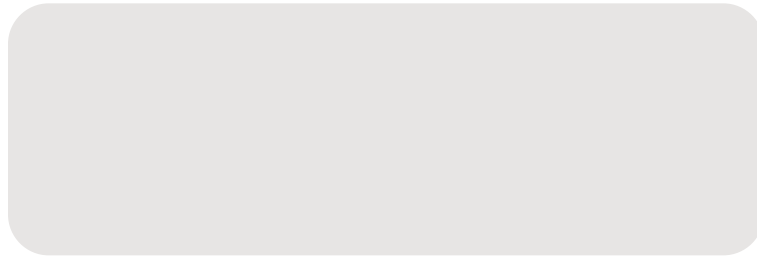
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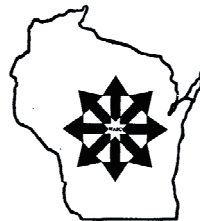
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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising content, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.